



## **Frequently Asked Questions – UPDATED 5.31.24**

### ***What are the ages for the Ripples program?***

Children 6 mos – 3 are welcome to register for the Ripples program. Swimmers must enter the WC ripples program prior to 24 months.

### ***Can I be the swim partner for both my children?***

Each child will need an adult partner. The swim partner should be able to consistently attend the weekly lessons.

### ***When will my swimmer be promoted to the next level?***

Swimmers typically stay in a level for a few sessions, your instructor will guide you in choosing the best class for your swimmer

### ***Is there a lifeguard on duty during class?***

Yes, **SAFETY is our #1 PRIORITY**. We always have lifeguards on duty while the pool is in use. The temperature of the pool is 86.

### ***Can I go swimming with my child before or after our swimming lesson?***

**Pool usage is for members only**, if you'd like to explore membership options, email [membership@weymouthclub.com](mailto:membership@weymouthclub.com)

### ***If I withdraw in the middle of the session, do I get a refund?***

There are no refunds for withdrawals or absences.

### ***Makeup Policy***

No make-up is offered for personal absences.

### ***Gift Cards, Account Credits & Club Bucks***

If using a gift card, account credit or club bucks, please email [ripples@weymouthclub.com](mailto:ripples@weymouthclub.com) to register

### ***Saturday Classes***

Saturday lessons are exclusively reserved for Weymouth Club members.

### ***Can we change out of our swimming suits after class?***

Yes - we have changing tables and deck cabanas available for you and your child to change back into your clothes. The Family Locker Room has dedicated changing rooms and changing tables. The MA DOH does not permit changing on the pool deck, please use the cabanas or the locker rooms.

### ***Diaper policy***

All children in the Ripples program, regardless of being potty trained or not, *must wear two layers. The two layers* are a reusable swim diaper and a disposable swim diaper.

If a child has two code green/code brown accidents within six months, their participation will be put on hold. Any missed classes due to the hold status, there will be no refund, make-ups, or credits issued.

## Curriculum

- ***Ripples 1***
  - Assisted back float with ears in the water
  - Full submersion in water
  - Breath control
  - Blow bubbles
  - Climb out of the water safely
  - Assisted sitting jumps
- ***Ripples 2***
  - Assisted to independent back float with ears in the water
  - Assisted front float
  - Assisted kick on back with ears in the water
  - Assisted to independent rollover
  - Full submersion from wall (sitting to standing)
  - Retrieve rings from the bottom of the dock
  - Climb out of water independently
  - Introduction to pulls, i.e. scoops (the propulsion phase of the stroke)
- ***Ripples 3***
  - Independent back float
  - Independent rollover and float for 20 seconds
  - Independent “pulls/scoops” from the dock to caregiver, then wall to dock
  - Independent kick on back
  - Retrieve ring from bottom of pool
  - Standing jump, to rollover and float independently for 20 seconds
  - Follow directions, pool safety, dock safety
  - Develop independence from parents to prepare for Splash classes